

Table 13. Medical terms that patients may not understand

Medical term	Translation into plain language
• Analgesic	Pain killer
• Anti-inflammatory	Lessens swelling and irritation
• Benign	Not cancer
• Carcinoma	Cancer
• Cardiac problem	Heart problem
• Cellulitis	Skin infection
• Contraception	Birth control
• Enlarge	Get bigger
• Heart failure	Heart isn't pumping hard enough
• Hypertension	High blood pressure
• Infertility	Can't get pregnant
• Lateral	Outside
• Lipids	Fats in the blood
• Menopause	Stopping periods, change of life
• Menses	Period
• Monitor	Keep track of, keep an eye on
• Oral	By mouth
• Osteoporosis	Soft, brittle bones
• Referral	Send you to another doctor
• Terminal	Going to die
• Toxic	Poisonous